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JETS SHINE IN FLORIDA

Winnipeg Jets' Eric Tangradi, left, celebrates with Jim Slater after scoring a goal against the Tampa Bay Lightning Thursday. The Jets beat the Lightning 2-1. Story, page 31. BRIAN BLANCO/THE ASSOCIATED PRESS

Wanted: Good volunteers to play bad guys

Casting call. Volunteer actors needed for Crime Stoppers reenactment videos



**SHANE
GIBSON**

shane.gibson@metronews.ca

Winnipeg Crime Stoppers is looking for volunteer actors to take on the roles of bad guys and victims for the public service announcements they produce for local television.

Det. Sgt. Tom MacKay, who heads up Winnipeg Crime Stoppers and is in charge of producing the minute-long reenactments of unsolved crimes, tells Metro he needs people of all shapes, sizes and ages to volunteer to play the

parts, and no experience is necessary.

"The biggest problem I always have is finding actors and locations," he explained. "I'd like to develop a pool of people to draw from."

Crimes featured in the videos can range from armed robberies to assaults and homicides, and MacKay said some of the roles are easier to fill than others.

"One of the most exciting roles to play is that of one of the bad guys, because that involves being a bank robber or

something a little more exciting than a helpless victim," he laughed. "It's a great experience, and it's neat to see it all come together and to see yourself on TV."

A new video is produced every two weeks, and MacKay said, on average, volunteer actors are needed for about an hour for each shoot.

To watch the videos go to winnipegcrimestoppers.org, and to volunteer send a photo of yourself, and your name and contact information to wps-crimestop@winnipeg.ca

Spring forward this weekend!

Don't forget to set your clocks ahead by one hour Saturday night

What's funny, funnyman?

Comic actor Steve Carell on his all-time favourite laugh-out-loud films | **PAGE 20**



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Bullying survey to be implemented provincewide

'Tell Them From Me'

Responses help school officials create safe learning environments



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

An anonymous, confidential online survey that allows students to tell teachers, principals and other officials about bullying going on in schools will be rolled out to 550 schools in Manitoba this fall.

Education Minister Nancy Allan said the survey, called Tell Them From Me (TTFM), was piloted in 82 schools, first in May of last year, then in October and November.

The survey is geared to students in Grades 4 to 12, and its results are compiled for school administrators to inform policies and procedures.

"With this information, schools can determine their action plans in regards to safety, in regards to engagement, so

Survey topics

- Prevalence of bullying
- Where and when bullying occurs
- How students respond to bullying
- Measures that prevent bullying
- Students who feel excluded
- Sexual harassment at school
- Feeling safe at school

that all of our students in our schools can reach their full potential," said Allan during a press conference at Sturgeon Heights Collegiate on Thursday.

"Tell Them From Me is one more tool that we can use to make our schools safe, it supports Bill 18, the Safe and Inclusive Schools Act, which is currently before the legislature."

Sturgeon Heights Grade 10 students Lauren Slegers and Michael Rushinka, who participated in the survey last year, said it is important because not



Sturgeon Heights students Lauren Slegers and Michael Rushinka are two of 400 students at the school who participated in the Tell Them From Me pilot program, which will be rolled out to other schools this fall. BERNICE PONTANILLA/METRO

all students feel comfortable talking to adults about their bullying experiences.

"We see the texts, we see the bullying, we see the hate, we see the big picture, adults only

see a part of it," said Rushinka.

Ron Pelletier, principal of Sturgeon Heights, said 400 Sturgeon students in Grades 9 and 10 participated in the survey last year.

"We learned that certain stairwells some of our kids stayed away from, we also learned that some of our (ESL students) sometimes didn't feel safe in our school," he said.

Tories want Manitobans' take on Bill 18



Brian Pallister METRO

The province's official opposition is asking Manitobans for their input on the controversial anti-bullying Bill 18.

Brian Pallister, leader of the Manitoba Progressive Conservative Party, said Thursday an online questionnaire will be made available likely early next week to garner "stakeholders" reactions to the Safe and Inclusive

Schools Act, or Bill 18.

"We must confront bullying with legislation that is measured and enforceable," Pallister said in a press release.

"As a former teacher and a parent, and as someone who knows first-hand about the damage caused by bullying, I know we need a better bill. We need a bill that protects all children."

He also criticized the lack of consequences in the bill.

Education Minister Nancy Allan, at Sturgeon Heights Collegiate for the launch of a student-bullying survey, said the consequences are handled by Bill 28, which outlines the duty to report, passed last year.

"It's a very important piece of legislation," she said.

"It talks about the importance of when something happens within a school, that all adults in that school have the responsibility to report that to the principal."

Allan said her government didn't want something too restrictive in the legislation and is "pleased with the definition" of the Bill 18 legislation.

BERNICE PONTANILLA/METRO

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NEWS



Neechi Commons took over the old California Fruit Market building.



Produce manager Iain Brynjolson stocks potatoes at Neechi Commons. ALL PHOTOS BY BEN SINGER/FOR METRO



The overhead view of Neechi Commons from the upstairs restaurant.



The Come 'N Eat restaurant is currently serving up breakfast and lunch.

Neechi brings new life to old building

Opening soon.

Business is already humming at new Main Street co-operative before official opening

BEN SINGER
winnipeg@metronews.ca

The smell of fresh-baked bannock wafted through the Neechi Commons Co-op on Thursday.

The official opening date is March 19, but business is already flowing a month after the space "unofficially" opened its doors, in the former home of the Califor-

nia Fruit Company on Main Street at Euclid.

The co-op houses a supermarket with a produce section and bakery downstairs, while an upper level contains a restaurant and art store.

Some shelves were still bare, but that didn't stop curious customers from coming in.

Marie-Claire Granger and Phil Beaudin chatted over coffee next to large windows over Main Street.

Beaudin, who is Métis, said he appreciated having an accessible place to get traditional foods such as bannock and pickerel. The parking lot out back was a bonus.

Neechi Foods president Louise Champagne explained that the new store

is a continuation of what Neechi has done for 25 years in its Dufferin Avenue location — but with 30,000 square feet, this store is nearly 10 times the size.

"We don't want to just run a little neighbourhood corner store," she said. "We want to create serious employment, and this project will do that."

Champagne said the store already employs 40 people and could have as many as 70 jobs once it's fully up and running.

Produce manager Iain Brynjolson, 23, has one of those jobs. The Point Douglas resident says the store focused on hiring people with an aboriginal background and those from the area.

"It raises this neighbourhood up and really starts to build the community," he said.

Neechi offerings

- Kookum Bakery, offering fresh-baked bannock, fry bread and bannock pizza
- Come 'N Eat Restaurant, serving breakfast and lunch, dinner eventually
- The Neechi Niche art store and gallery for aboriginal arts and crafts
- Three Sisters Harvest, outdoor farmers' market for local produce

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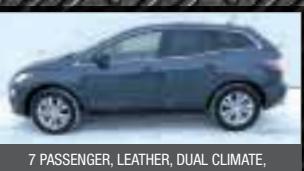
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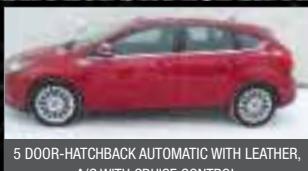
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Suspects sought. Winnipeg police looking for men after pair of robberies

Winnipeg police say they're looking for several suspects after two robberies in Winnipeg Wednesday.

The first happened at about 4 a.m. after police were called to a store in the 1000 block of Autumnwood Drive. There, the 31-year-old male clerk said a man entered the store with his identity concealed and armed with a weapon. The man demanded cash and the clerk turned some money over.

Police are looking for a

white man, 25-30, about 5'7 and with a slim build.

The second robbery happened during lunch hour when several men entered a bank on Dublin Avenue.

The men, who entered with their faces covered, demanded cash before fleeing in a vehicle.

Police have no descriptions of the men or the car.

Anyone with information is asked to call police at 204-986-6219 or Crime Stoppers at 204-786-8477. METRO

Minister confirms

Budget on April 16

The Manitoba government is to present its 2013 budget on April 16.

Finance Minister Stan Struthers says the budget will balance the need to reduce expenses, maintain services to families and grow the economy.

He says the Bank of

Canada is forecasting that Manitoba's economy will grow at a slower rate this year. Struthers also says provinces across Canada and countries around the world are all coping with the challenges of economic uncertainty. He says the best way to keep the provincial economy growing is to create opportunities to train more people for skilled jobs.

THE CANADIAN PRESS

Soup Sisters to ladle out nourishment in Winnipeg



Fairmont Hotel executive chef Jeremy Langemann will be supervising the first Soup Sisters event in Winnipeg this Sunday. BEN SINGER/METRO

Osborne House.
Calgary-based charity combines cooking class with volunteerism

BEN SINGER
winnipeg@metronews.ca

This Sunday, at least 30 people will fill the kitchen of the Fairmont Hotel to slice, dice and simmer up a variety of soups.

It's not for the usual patrons of the Hotel restaurant, however. The 200-plus servings of soup will be donated to the Osborne House women's shelter, where it will feed women and children who have faced domestic violence.

The event will be the first-ever Winnipeg edition of Soup Sisters. Participants pay \$50 to cook soups with a professional chef. They also get to enjoy a meal of their own, while making food for the needy.

Miriam Bronstein, the

Soup Sisters Winnipeg coordinator, said the first event at the Fairmont Hotel has sold out, but the event is slated to happen every month.

Fairmont executive chef Jeremy Langemann said six varieties of soups will be prepared for Osborne House including a chili, a minestrone and a hamburger soup.

"They're all very hearty, very nutritious, which is good," he said. "It's a full meal."

Osborne House CEO Barbara Judt explained that Soup Sisters donated a freezer, which will store the soup they get each month. She said nutrition is a key challenge at her shelter.

"The women that come into our facility ... they're in rough shape physically or mentally, sometimes they just can't eat, but soup is popular with them."

Judt will be speaking about the shelter at the Fairmont Hotel on Sunday.

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Soldier convicted in Afghan accident should not be jailed: Defence

The fate of a former Canadian soldier who led a deadly training exercise in Afghanistan is in the hands of a military judge, who must decide whether Paul Ravensdale should be put behind bars or simply demoted.

Ravensdale's lawyer told a sentencing hearing Thursday that the now-retired warrant officer was involved in a "tragic accident" and has suffered enough.

"We do not feel that our client is at risk to reoffend," Lt.-Cmdr. Patrice Desbiens told the court martial.

"The sentence must allow our client to go on with his life."

The military prosecutor in the case has asked for a four-year prison sentence. Maj. Tony Tamburro said in his closing submissions earlier this week that Ravensdale ignored safety rules and he added that a strong message must be sent to other soldiers that safety is a must.

Ravensdale was leading a test of C-19 anti-personnel



Paul Ravensdale will learn his fate March 18, when a military judge will deliver his decision on whether the former Canadian soldier will be put behind bars or simply demoted. THE CANADIAN PRESS

mines at a weapons range near Kandahar city on Feb. 12, 2010, when one apparently misfired, sending hundreds of steel ball bearings backward instead of forward. The projectiles killed Cpl. Josh Baker, 24, and injured four other soldiers.

But Desbiens said Ravensdale was the victim of an incompetent superior who, contrary to military rules, made Ravensdale both the officer

in charge of the weapons test and the safety officer for the weapons range that day. The tasks are supposed to be given to separate people.

"He was basically given a task to do that day that was impossible to do."

The military judge hearing the case, Col. Mario Dutil, said Thursday he will deliver his decision March 18.

THE CANADIAN PRESS

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These boots were made for Stompin' – and he bought them right here

Two Canadian legends.

Tom Connors got his famous footwear on visits to Winnipeg

The toe-tapping boots that helped earn Stompin' Tom Connors his notable nickname were as authentically Canadian as his heartfelt homegrown tunes.

The late music legend would famously stomp his heeled leather boot on a piece of wood while performing. The footwear was from Boulet, which bills itself as the first company to produce cowboy boots in Canada.

"They were called square-dance boots, actually, because they come up to your heel," said Brian Edwards, president of Rocklands Entertainment and Connors' promoter for the past 25 years.



Stompin' Tom Connors performs in 1974 in his trademark Boulet boots.
THE CANADIAN PRESS

Georges-Alidor Boulet established G.A. Boulet Inc. in 1933 in St-Tite, Que., often called "the Leather Town." The company touts itself as the largest cowboy-boot factory in Canada.

Terrie Murchison worked at the now-defunct Boulet factory outlet store in Winnipeg, and said Connors favoured the ankle-high, slip-on heeled Boulet Western boot, which sold for about \$100 a pair.

"I think that's the only boot he ever wore," said Murchison, who now manages a Canadian Footwear store in Winnipeg.

"He would come into Winnipeg and we would turn around and we would give him two pairs of these boots and then he would do his performance," he added. "And then, we would open up after hours for him and his crew to come down to do his shopping." THE CANADIAN PRESS

Edwards said they would pick up a couple of pairs of Boulet boots anytime they paid a visit to Winnipeg.

"They were about 11 1/2, double-wide or something," he said of Connors' shoe size. "He had big feet."

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Coming in 2014. Province bans smoking at public beaches, playgrounds

All Manitoba provincial playgrounds and beaches will be smoke-free, beginning next year, the province says.

"Our beaches are internationally recognized as some of the best in the country," Conservation Minister Gord Mackintosh said in a press release. "Making our public park beaches smoke-free is about continuing to protect these natural treasures."

"Smoking litter is a nuisance to park users and the environment. Like many other

parents, I want to stop cigarette butts from ending up in our waterways, along our beaches and in the playgrounds where we take our kids."

The change makes Manitoba the first province in Canada to ban smoking in public beaches and playgrounds. Violators will be fined \$299, although just a warning will be issued in the first year. Smoke-free signs and cigarette-disposal receptacles will be ordered and installed in preparation for 2014. METRO



Crowds gather around a sandcastle on Grand Beach in Manitoba. Next year, smoking will not be permitted on provincial beaches. CONTRIBUTED/BRIAN BAXTER

Ouch — inflation hurts



You'll pay \$3.90 more for a case of 24. THE ASSOCIATED PRESS FILE

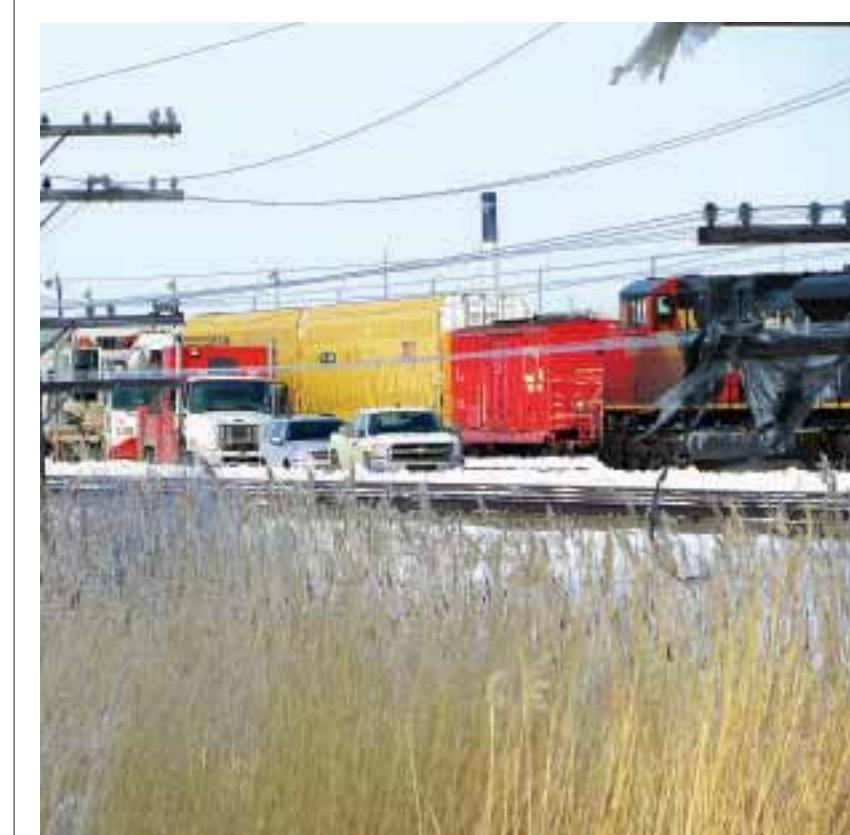
Hope you made your beer run — prices went up

Get ready to cry into your beer if you're buying it today.

A 24-bottle case went up \$3.90 on Friday, and the Tories are calling foul.

"The NDP can't bear to face the public and be honest about their intent, so they will do it in the dark of night," Cliff Cullen said. "The NDP may believe Manitobans won't notice this attempt to deceive, but they have been caught beer-handed."

The province announced in February that prices would go up on April 1, but beer went up instead at midnight on Friday. METRO



No one injured as train derails on east Perimeter

A derailed train blocked traffic on the east Perimeter highway for several hours on Thursday. A CN Rail spokesperson said no one was hurt in the derailment, which happened at about 6:45 a.m. The portion blocking traffic was cleared by 11 a.m. CN said it's not sure what caused the accident, which saw one locomotive and one train car derail upright. BERNICE PONTANILLA/METRO

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Dementia. Pierre Trudeau chose death from cancer over losing his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in Contender: The Justin Trudeau Story, which suggests his father made the decision about six months prior



Pierre Trudeau THE CANADIAN PRESS

to his death in September 2000.

"It was fairly clear that he was very much at peace with the end of his life approaching," he said. **THE CANADIAN PRESS**

Slain photojournalist

Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has

agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in prison. **THE CANADIAN PRESS**

Justice system thoroughly failing aborigines: Report



Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Government scolded. Transfer provisions for aborigines rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aborigines behind bars but also for failing to keep them out of jail.

Accusation

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. **THE CANADIAN PRESS**

ENERGY 106

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Public-sector watchdog

Border guard mixed with mob

A Canadian border guard had known ties to organized crime, protected his underworld associates and used his own position to evade the law, an investigation by the federal public-sector watchdog has found.

The guard's relationship with organized crime dates back to before he joined the Canada Border Services Agency, an association his supervisors have known about for at least four years, public-sector integrity commissioner Mario Dion reported Thursday.

But it took someone blowing the whistle to Dion's office last year before CBSA launched an internal investigation, which ultimately led to the officer being fired.

The guard had been warned in the past about maintaining his connections to the criminal underworld, but didn't change his behaviour, Dion said in an interview after his report was tabled in the House of Commons. **THE CANADIAN PRESS**

Polar bear trade ban voted down

Endangered status.

Inuit claim the ban would have threatened their way of life

A proposal by the United States to ban cross-border trade in polar bears and their parts was defeated Thursday at an international meeting of conservationists, marking a victory for Canada's indigenous Inuit people over their big neighbour to the south.

Delegates at the triennial meeting of the Convention on International Trade in Endangered Species, or CITES, rejected Washington's proposal to change the status of the polar bear from a species whose trade is merely regulated, not banned.

The proposal fell far short of the two-thirds needed to pass, garnering 38 votes in favour, 42 against and 46 abstentions. A similar proposal was defeated three years ago at the last CITES meeting.

While support for most of the meeting's 70 proposals



A wildlife organization representative stands with a stuffed polar bear before voting on a U.S. proposal to change the status of the polar bear to a species — whose trade is banned — at the Convention on International Trade in Endangered Species in Bangkok on Thursday. **SAKCHAI LALIT/THE ASSOCIATED PRESS**

covering the trade in other species fell along predictable lines, the U.S. proposal made for some odd bedfellows. Russia endorsed Washington's proposal, which was also supported by a cluster of animal humane societies. Canada was joined in opposition by some of the larger conserva-

tion organizations, including the CITES Secretariat and the Wildlife Trade Monitoring Network, better known as TRAFFIC.

The United States had contended that climate change was dangerously shrinking the bears' habitat, and that pre-emptive measures were

needed to save them.

The Inuit contended that polar bear populations were not declining, and that Canada was regulating the hunting of the bears in sustainable numbers. The tribal group said their livelihoods would be threatened by a ban.

THE ASSOCIATED PRESS

Bear market

28,000

The global population of polar bears is estimated to be 20,000-28,000, with about two-thirds in Canada.

Northern reaction

A victory for the Inuit

Inuit hunters are celebrating the defeat of a proposal that would have forbidden the cross-border trade in polar bear parts.

But both Inuit leaders and scientists say the fight isn't over and the issue is likely to resurface.

Bear expert Andrew Derocher says Canada can buy itself time by ensuring its bear management includes the latest environmental information, including assessments of shrinking sea ice.

THE CANADIAN PRESS

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Medical examiner

Pics of unidentified bodies posted on Chicago website

In a controversial decision, the Cook County Medical Examiner's Office in Chicago has begun posting photos of unclaimed dead bodies on its website.

The hope is that this will lead to the identification of the bodies, and in turn, result

in closure for the families. The site was launched on Wednesday.

Medical examiner Steve Cina says that though some of the images may be graphic, he believes it's a worthwhile practice, even if some people find the methods disturbing.

The website carries a disclaimer that there could be graphic images, some displaying bodies in a somewhat decomposed state. Only a few images display the faces of the dead. **TORSTAR NEWS SERVICE**

Italy

Berlusconi convicted in wiretap case

Former Italian prime minister Silvio Berlusconi was convicted Thursday over the illegal publication in a newspaper owned by his media empire of wiretapped conversations related to a bank-takeover attempt.

A Milan court found

Berlusconi guilty of breach of confidentiality and sentenced him to one year in jail, though it did not issue an order on carrying out the sentence. In Italy, it is rare for anyone to be put behind bars pending a possible appeal except in the case of very serious crimes like murder.

The verdict comes after February national elections failed to elect a clear winner. Berlusconi's centre-right coalition finished second.

THE ASSOCIATED PRESS



Bolshoi soloist Pavel Dmitrichenko listens in a courtroom in Moscow on Thursday. The star dancer accused of masterminding the attack on the Bolshoi ballet chief acknowledged Thursday that he gave the go-ahead for the attack, but said he did not order anyone to throw acid on Sergei Filin's face. **ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS**

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**Bolshoi dancer says he backed beating, but not acid attack**

Moscow. If convicted, Pavel Dmitrichenko faces up to 12 years in jail

Pale and haggard after hours of questioning, a leading Bolshoi dancer told a Moscow court that he gave his blessing to an attack on the ballet's artistic director but never imagined that the assailant would go as far as to throw acid in his face.

The arrest and confessions of Pavel Dmitrichenko, who danced the parts of both heroes and villains in the Bolshoi's famed classical ballets, have dealt a painful blow to the theatre's reputation and left many members of the company bewildered and incredulous.

Sergei Filin, 42, suffered severe burns to his face and eyes in the Jan. 17 attack. He has undergone a series of operations aimed at saving his sight.

The 29-year-old Dmitrichenko said his conflict with Filin was focused on the distribution of salaries and other financial issues.

Why?

Speculation has been rife about other possible motives for the attack. Some claimed that the dancer wanted to take revenge for his ballerina girlfriend after she was turned down for a major role, while others pondered conspiracy theories alleging the involvement of other top figures in the theatre.

Facing the judge on Thursday, Dmitrichenko said he had told the suspected perpetrator of the attack about his grievances concerning the Bolshoi and his arguments with Filin.

"I told Yuri Zarutsky about the policies of the Bolshoi Theater, about the bad things going on, the corruption. When he said, 'OK, let me beat him up, hit him upside the head,' I agreed, but that is all that I admit to doing," Dmitrichenko said in court. "It's not true that I ordered him to throw acid at Filin."

THE ASSOCIATED PRESS

Abducted UN troops appear in new videos

Golan Heights.

Peacekeepers say they're safe, but incident likely to heighten Israeli jitters about Syrian civil war

Several United Nations peacekeepers who were abducted by Syrian rebels said in videos posted online Thursday

that they are safe and being treated well, even as activists reported clashes and shelling in the tense border area with Israel where the Filipino troops were being held.

Opposition fighters detained 21 peacekeepers near the village of Jamlah in the Golan Heights on Wednesday — the first time UN troops have encountered trouble since they began patrolling an

Israeli-Syrian armistice line dividing the plateau nearly 40 years ago, said Timor Goksel, a Beirut-based former UN official in the region.

One of the videos posted online shows three men dressed in camouflage and blue bullet-proof vests emblazoned with the UN and Philippines. "We, the UN personnel here, are safe, and the Free Syrian Army are treating us good," one of them

says in English. "We cannot go home because the government of (President Bashar) Assad do not stop the bombing."

The second video shows six peacekeepers sitting in a room. An officer says that as their convoy came under shelling on Wednesday, "we stopped and civilian people helped us for our safety and distributed us in different places to keep us safe." THE ASSOCIATED PRESS



Free Syrian Army fighters stand next to UN Disengagement Observer vehicles near Golan Heights in Daraa, Syria. THE ASSOCIATED PRESS



Too close to call in Kenya

A supporter of the Coalition for Reforms and Democracy (CORD) listens to the results of Kenya's election on his radio in Nairobi, Kenya, Thursday. Kenya's presidential race tightened as new results pushed the leading candidate below the crucial 50 per cent mark needed to win outright. A final result was expected Friday, but the close race and a troubled vote count are sparking fears of the kind of violence that ripped through the country after its last national election.

SAYYID AZIM/THE ASSOCIATED PRESS

Venezuela

Chavez's body to go on display

Venezuela's acting president says Hugo Chavez's embalmed body will be permanently displayed in a glass casket so that "his people will always have him." Vice-President Nicolas Maduro says the remains will be put on permanent display at the Museum of the Revolution, close to the presidential palace.

THE ASSOCIATED PRESS

North Korea

U.S. prepared for nuclear attack

The U.S. is fully capable of defending itself against a North Korean ballistic missile attack, the White House said Thursday, after Pyongyang threatened a pre-emptive nuclear strike on the U.S. The threat came ahead of a vote in the UN Security Council approving its toughest sanctions yet on North Korea in response to an atomic test last month. THE ASSOCIATED PRESS

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics, and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: A future for women and girls that is safe, healthy and rewarding.

Go Girls: Confidence and leadership

Mentorship. Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER
MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

What's your wish for International Women's Day?

S: In every country for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.

M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And



Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being

jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.

M: A female role model is someone that you can probably more easily relate to and can aspire to be like.

What makes Go Girls special?

S: It teaches girls to always be themselves, to gain confidence

and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.

M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADA-WIDE PROGRAM SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA



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Essay

The other Fword

DELIA
MACPHERSON
For Metro Canada

Feminism:

• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one. Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical

strength. But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the nonchalant attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry about sexism in a world where women and men are equal?



Why feminism ain't dead

"Countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca.

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Breaking through the 'hidden epidemic'



While violence against women is still all too common, there are positive signs of change, even in countries where it has long been tolerated. ISTOCK

Violence. Despite strong efforts, violence against women is rampant. In partnership with UN Women, Metro investigates.

On one January day in Guatema-

**ELISABETH
BRAW**
Metro World News in London

mala, six women and two girls were murdered.

"I haven't been able to find a reason for the murder," says mother Rosa Franco, whose 15-year-old daughter Maria Isabel was killed. "But such is life as a woman in this country full of corrupt authorities. I suspect several people, including a 45-year-old drug dealer who'd been harassing my daughter since he asked to go out with her but she refused."

Welcome to our 21st century world, where violence against women is still common.

"Violence against women is a hidden epidemic, and hidden is a very important word,"

It's never OK

"There is one universal truth, applicable to all countries, cultures and communities: violence against women is never acceptable, never excusable, never tolerable."

United Nations Secretary-General Ban Ki-moon

notes Ann Veneman, the former Executive Director of UNICEF.

"We all know that women are getting raped as a weapon of war in places like the (Democratic Republic of Congo), but in the developed world the problem is hidden."

Most violence against women occurs in their homes, committed by their boyfriends or husbands.

"Partner violence often has a psychological component, which makes it harder to measure," notes Markku Heiskanen, an expert in domestic violence at the European Institute for Crime Prevention and Control. "And women want to protect

their partners. When they talk about previous partners, they mention violence much more."

Young women, especially, bear the brunt of men's aggression. Nearly half of all sexual assaults worldwide are committed against girls under 16.

But there's good news. Safe houses for women are being built, even in countries where violence against women has long been tolerated. Victims are being trained in occupations so they can earn their own money. In India, the Delhi gang rape of a young woman led to unprecedented protests. And in China, the death sentence of Li Yan, a woman convicted of killing her husband after being abused by him for years, caused a rare public outcry.

On Valentine's Day this year, the global organization V-Day arranged One Billion Rising, a record-breaking event for protesting violence against women. And this month global leaders convene at the UN headquarters in New York to address a problem that is still all too common.

Analysis

Too close to home

This is serious: Rihanna is back with Chris.

Three years after he bit, clawed and punched her from across a Lamborghini console, pop superstars Rihanna and Chris Brown have reconciled.

"Blade Runner" Oscar Pistorius stands accused of murdering his girlfriend, amid swirling accusations of paranoia and an obsession with firearms.

Violence against women is in the headlines, but it's also in millions of bedrooms, workplaces and relationships — behind closed doors, silent mouths and averted eyes.

Metro, together with the United Nations, will celebrate womanhood with the aim to raise awareness of violence against women across the globe. No mother, sister or daughter — no woman — ever earned it, deserved it or "asked for it." Raise your voice with ours.

MAGGIE SAMWAYS/GLOBAL EDITOR IN CHIEF, METRO WORLD NEWS

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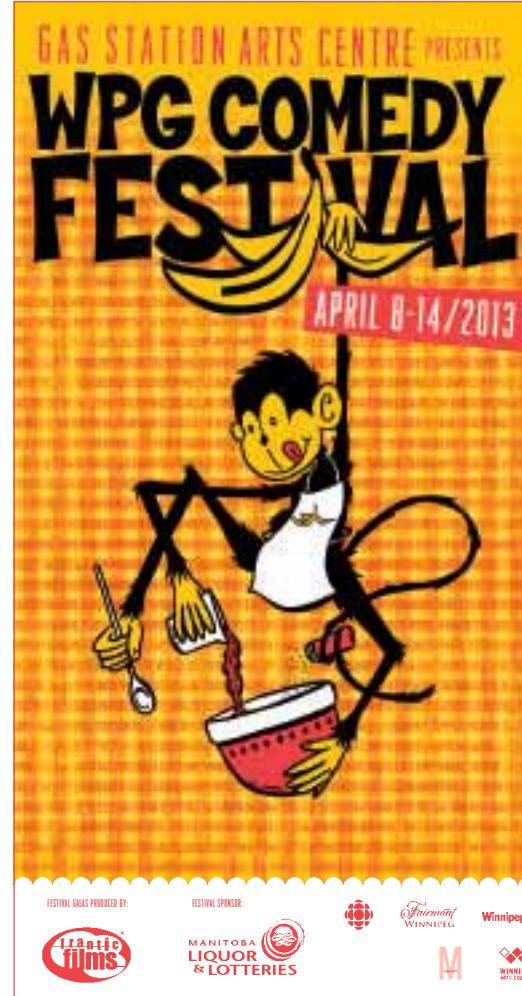
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In lean times, startups are an attractive choice for new grads

Jobless generation.

Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession



TAKARA
SMALL

takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves" he

says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a jobless generation who face lower wages to look elsewhere for



Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

opportunities.

Rebecca Basi, 23, sees working for startups as the most viable option for ambitious youth. The marketing coordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to meet new clients and network. Initially, she turned to small firms to pad her résumé but now can't see herself working for anyone but startups.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.



Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business." — Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts

- "Simple: Don't overthink it or you'll never get started. If you're too scared you'll never end up doing anything." — Ethan Do, founder of OverAir, a wireless technology firm

- "No amount of schooling will teach you how to start a company. You just need to do it. It's not a science where there is a yes or no answer." — Adam Jarczyn, co-founder and CEO of online shopping app Hovr.it

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metro

Feds to auction wireless spectrum

Ottawa is putting highly sought-after spectrum for wireless devices on the auction block later this year in the hopes of fetching at least \$900 million — but likely much more.

The Conservative government is aiming to have at least four wireless players in every region of the country in a bid to help upstarts grab a piece of a market that has been dominated by big companies such as Rogers, Bell and Telus.

"Today, our government is implementing four distinct measures to ensure that Canadian consumers continue to

Not a bad haul

\$4.3B

The government raised nearly \$4.3 billion in its last spectrum auction in 2008.

benefit from more choice in the wireless sector," Industry Minister Christian Paradis said Thursday as he announced the Nov. 19 start date for the auction.

The 700-megahertz wireless spectrum, which is up for auction, is considered ideal for use

by new high-speed networks in high-density urban areas and in rural Canada.

It has the ability to allow cellphone calls in elevators, deep in underground parking lots and in tunnels in big cities, and in basements and attics in suburban areas. It also provides better and more affordable coverage in rural Canada because fewer cellphone towers are needed to provide coverage.

At minimum, Ottawa wants to raise \$897,294,000, but the auction is widely expected to fetch potentially billions of dollars. **THE CANADIAN PRESS**

Market Minute



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Airport security

DHS must release report on scanner safety, judge says

A U.S. federal judge has ruled that the Department of Homeland Security must release two safety reports it conducted in the 2000s evaluating the radiation safety of body-scanning machines. He ruled Thursday that the agency improperly withheld 2006 and 2008 reports in response to a Freedom of Information Act request. **THE ASSOCIATED PRESS**

Spring cleaning

Facebook revamp aims to de-clutter News Feed

Facebook is trying to breathe new life into its social network with a redesign of its News Feed. Amid complaints the site has become a jumble of monotonous musings and random pictures, the overhaul, which began rolling out Thursday, offers controls that allow users to create streams of photos and other material in organized sections. **THE ASSOCIATED PRESS**

THE NOT-SO-SWIFT RESPONSE

1 Keeping the crown. Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz, Charles?" OK, there were no real sources, but I like to think that's what happened.

2 Milk and honeys. Playboy launched the first Hebrew edition of their magazine this week with domestic content including articles by native writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty so newsstand shelves will be covered with a



The List
Mike Benhaim
metronews.ca

sheet.

3 An email for your thoughts. An Orwellian prophecy is materializing in Brazil where the actual thoughts of a rat were recorded by electric sensors, and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and J-Woww.

4 To boldly go... Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now, they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-

person crew will recycle their own "emissions" which will then be stored in bags to line the capsule, clarifying orders to "get their s-t together."

5 Swiftly dissed. Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, an usher that evening, meaning that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 Thanks, eh? The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on Twitter @TheMetroList



ZOOM

A fire without a flame

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. METRO

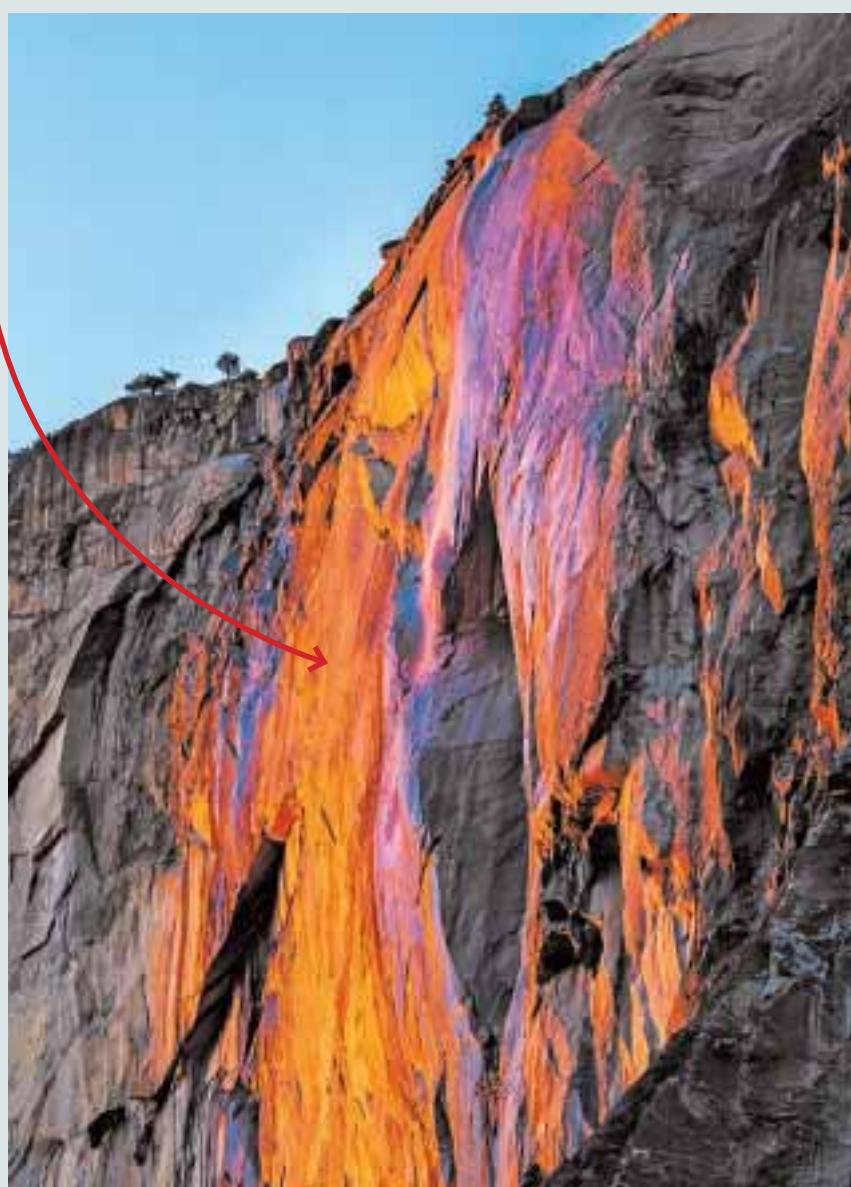
Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. METRO

Free fall

650

metres is the total height of Horsetail Falls.



PUTT SAKDHNAGOOL/SOLENT

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode featured an engineer's separator machine that has already been seen more than 3.5 million times. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.



Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed:D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course, published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Smyr, Toronto

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Synopsis

In *Dead Man Down*, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

• Richard: •••••

• Mark: •••••

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Colin Farrell plays right hand man to a crime lord in *Dead Man Down*. HANDOUT

Wrestling with reality

Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it

a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

RC: The Euro style you noticed makes sense as the movie was made by The Girl with the Dragon Tattoo director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this

was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the \$80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham.

In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

2
SCENE

THE FORT GARRY presents

winnipeg1913
trivia hunt

FEBRUARY ANSWERS > 1. Charles Melville Hays was the President of the Grand Trunk and Grand Trunk Pacific Railroads when the decision to build The Fort Garry Hotel was taken. Hays never lived to see the completion of his railroad nor of the Chateau Laurier and The Fort Garry Hotels, both under construction when he died. How did he die? - *He drowned when the Titanic went down*. 2. How much did the construction of The Fort Garry cost in 1913? - *\$1,500,000* 3. What was The Fort Garry Hotel named after? - *The Hudson's Bay Company fort that stood to the east of the hotel site*. 4. What Winnipeg hardware merchant, whose home is now a famous restaurant, was imprisoned in Fort Garry by Louis Riel during the winter of 1869 to 1870? - *James Ashdown* 5. When The Fort Garry was built in 1913 the Union Station at Broadway and Main was the Winnipeg headquarters for two railroads. Which railroads had their offices in the building? - *The Grand Trunk Pacific and the Canadian Northern* 6. In May of 1920 a huge banquet was held in The Fort Garry Hotel to celebrate the victory of the Falcons Hockey Team. What had they won and where did they play their winning game? - *The Olympic Gold Medal in Antwerp* 7. What room in The Fort Garry is believed by many to be haunted? - *Room 202* 8. What other name was considered for The Fort Garry? - *The Selkirk* 9. During the Winnipeg General Strike in May and June, 1919, quite a few of The Fort Garry's employees walked out. By June 24 the Manager reported that about 60% of those who went on strike had returned. On Saturday June 21 in one of the last major events of the strike took place on Main Street where crowds gathered to watch a silent parade of returned soldiers. What mounted force charged the crowd that day? - *The Royal North West Mounted Police* 10. What Winnipeg father and son perished together in the Titanic disaster? - *Real estate developer Mark Fortune and his son* **> MARCH PRIZE:** HAMAMWARM MUD PARTY FOR 8 AT TEN SPA - Next questions out on March 11. Sign-up at www.winnipeg1913.com

SHAWN TROTTER WON A
SPA, YOGA, DINNER, BED +
BREAKFAST PACKAGE FOR
FOUR AT THE FORT GARRY.

The incredible Steve Carell talks about the magic of a great comedy

Burt Wonderstone.

Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy

 **NED EHRBAR**
Metro World News in Hollywood

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

No. 1, This is Spinal Tap!

Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

Some Like it Hot?

Yeah, these are all great.

Groundhog Day?

Man, that's one of my favourite holiday movies. Wow, Anchorman is number six! Nice. Monty Python — any Monty Python is great. Annie Hall, Life of Brian, Airplane. I



The Incredible Burt Wonderstone opens next Friday. HANDOUT

think Anchorman in a lot of ways is like Airplane, in that it's just unrelenting silliness.

Is there one there that sticks out?

For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

Do you remember when you first saw it?

I think I saw it in a film class in college. I didn't really know much about it, but it was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

I don't think it's on the list. It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because you

don't necessarily know why something makes you laugh, it just does. And I think the more you deconstruct why it makes you laugh, the less funny it is. For me, I just love letting stuff wash over me and not analyze it too much.

There's also the repeat viewing factor, films you can watch again and again. Galaxy Quest, for instance, is on this list.

Galaxy Quest! I love that movie too. I just got to work with Sam Rockwell, and the first thing I said to him was, "I love you in Galaxy Quest." He's a great actor, he's done all sorts of fantastic work, but

his character in Galaxy Quest... He gets dematerialized and then rematerialized, and he's so freaked out he just stands there screaming? I remember specifically watching it and laughing harder at that than anything that I'd laughed at in a while. It's a really good movie.

I'm always surprised more people don't love that movie.

These are all great — and for different ways, you know? Planes, Trains and Automobiles — really wonderful performances and connection between John Candy and Steve Martin. And people have tried to do this movie in all sorts

Burt vs. Burgundy

Toward the beginning of The Incredible Burt Wonderstone, when successful Las Vegas magician Wonderstone (Steve Carell) is at the height of his fame and power, viewers might get a glimpse of Ron Burgundy, Will Ferrell's blowhard lead from Anchorman. Carell acknowledges some similarities, but he insists it wasn't intentional. "I think of them as Casanovas, I think there definitely is a parallel there. But I think that's where the similarities stop," he says. "Ron isn't mean to people. He's not a bad person, and at the point where we find the adult Burt Wonderstone, he's a pretty bad guy. He's a jerk, he's an egomaniac who really doesn't care anymore and is completely burned out with his life and himself."

of different ways, and you can't. There's sort of a magic to when it works, and I think for some reason a movie like Anchorman worked on that level. I don't think we knew it at the time. We knew it was funny, I mean, it was funny to us doing it. And I think when it opened nine years ago or something, people liked it, but over time I think people have liked it more and more. It's sort of grown. But that just seemed to work based on the writing and who was in it and the directing. And the subject matter. It was just ridiculous fun.

Growing pains

"They've refined so many things and changed so many things, from the hobbit feet to the way the dragon moves, how Gollum looks..."

"They've really made a lot of advancements, so it's a little bittersweet that you don't get to be there for that, you're part of the kind of older thing now. But at the same time a lot of those people are the same people who we knew and worked with and enjoyed their company and marvelled at their expertise, and so good for them, it's exciting for them."

Actor Sean Astin, who starred in the Lord of the Rings trilogy, about the look of the characters in The Hobbit.

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Fantasy/Adventure

Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, The Wizard of Oz, Sam Raimi's Oz the Great and Powerful isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore Oz fans, but for most, you'll be thinking somewhere over the rainbow, there must to be something better.

STEVE GOW

Drama



Blood Pressure

Director. Sean Garrity

Stars. Michelle Giroux, Judah Katz

• • • •

Winnipeg-based filmmaker Sean Garrity's fifth feature is a lulu of a thriller. In it, a just shy of 40 housewife and pharmacist, ignored by her husband and children begins receiving anonymous letters from an admirer, a man (or woman) who intends to play a game with her, bestowing gifts and challenges upon her with the promise of transforming her life for the better. She plays along, flattered and intrigued before the game begins to take many-a-dangerous turn.

CHRIS ALEXANDER

What would you do if you saw a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO
Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called Elevator Murder Experiment.

It's actually an advertisement for Dead Man Down, the latest film from the original The Girl With The Dragon Tattoo director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to Dead Man Down, the last subject — a man who shows up with his dogs and films the murder with his cell



The YouTube video promoting the movie Dead Man Down. HANDOUT

phone — was actually an actor.

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters

seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka.

"There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

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- Lelia Nebeker, THE HUFFINGTON POST

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Escape From Planet Earth (PG) Sat-Sun 1:40
Escape From Planet Earth 3D (PG) Fri-Thu 4:15
A Good Day to Die Hard (14A) Fri-Thu 7:30-10:10
Identity Thief (14A) Fri 4:35-7:05-10
Sat-Sun 1:45-4:35-7:05-10 Mon-Thu 4:35-7:05-10 Fri 7:50-10:50 Sat-Sun 1:30-4:30-7:50-10:50 Mon 8:30 Tue 7:50-10:50 Wed-Thu 8:30

Jack the Giant Slayer 3D (PG) No Passes Fri 5:15-7:55-10:25 No Passes Sat-Sun 2:45-5:15-7:55-10:25 No Passes Mon-Thu 5:15-7:55-10:25 No Passes Fri 6:20-9:20 No Passes Sat-Sun 2:30-6:20-9:20 No Passes Mon 7 No Passes Tue 6:20-9:20 No Passes Wed-Thu 7

The Last Exorcism Part II (14A) Fri 5:25-8 Sat-Sun 2:30-5:25-8 Mon-Thu 5:25-8

Oz the Great and Powerful 3D (PG) No Passes Fri 4:15-7:15-10:15 No Passes Sat-Sun 1:15-4:15-7:15-10:15 No Passes Mon-Thu 4:15-7:15-10:15 No Passes Sat-Sun 3:30-7:10-20 No Passes Mon 7:45 No Passes Tue 7:10-20 No Passes Wed-Thu 7:45

Silver Linings Playbook (14A) Fri 4:20-7:10-10 Sat-Sun 1:20-4:20-7:10-10:05 Mon-Thu 4:20-7:10-10:05

Snitch (14A) Fri 4:25-7:20-9:55 Sat-Sun 1:50-4:25-7:20-9:55 Mon-Thu 4:25-7:20-9:55

Warm Bodies (14A) Fri-Thu 10:20 Zero Dark Thirty (14A) Fri 4:45-8:15 Sat-Sun 1:10-4:45-8:15 Mon-Thu 4:45-8:15



Nicholas Hoult stars in *Jack the Giant Slayer*. CONTRIBUTED

Cinema City Northgate
1399 McPhillips Street,
204-334-6234

Broken City (14A) Fri 9:50 Sat-Sun 10 Mon-Thu 8

Gangster Squad (18A) Fri 7:30 Sat-Sun 2:40-7:30 Mon-Thu 5:40-8:10

The Guilt Trip (PG) Fri 6:40-9:20 Sat-Sun 1:40-4:15-6:40-9:20 Mon-Thu 5:50-8:50

Jack Reacher (14A) Fri 6:50-9:40 Sat-Sun 12:40-3:50-6:50-9:40 Mon-Thu 5:20-8:20

Life of Pi 3D (PG) Fri 7:10-10 Sat-Sun 1:30-4:15-7:10-10 Mon-Thu 5:30-8:10

Les Misérables (PG) Fri 6:50-10:05 Sat-Sun 12:20-3:35-6:50-10:05 Mon-Thu 5:20-8:35

A Moment in Time (PG) Fri 7:30-10:10 Sat-Sun 2:10-4:50-7:30-10:10 Mon-Thu 6:8-40

Rise of the Guardians 3D (G) Fri 7:20 Sat-Sun 1-3:20-5:30-7:40 Mon-Thu 5:40

Wreck-It Ralph 3D (G) Fri 6:30-9 Sat-Sun 12:30-3:50-8-10:20 Mon-Thu 5:50-8:30

A Moment in Time (PG) Fri 7:30-10:10 Sat-Sun 2:10-4:50-7:30-10:10 Mon-Thu 6:8-40

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Wreck-It Ralph 3D (G) Fri 6:30-9 Sat-Sun 12:30-3:50-8-10:20 Mon-Thu 5:50-8:30

Cinematheque
304-100 Arthur, 204-925-3457

The End of Time (STC) Sat 7-9 Sun 7 Wed 7

No Films Showing Today (STC) Mon-Tue Thu

Tower (STC) Fri 9:30

City Cinema - Northgate

1399 McPhillips,
204-334-6234

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Wreck-It Ralph 3D (G) Fri 6:30-9 Sat-Sun 12:30-3:50-8-10:20 Mon-Thu 5:50-8:30

3:40-6:50-9:45

IMAX Theatre at
Portage Place
Y003-393 Portage Avenue,
204-956-4629

Bears (STC) Fri 12:10 Sat 1-7:30 Sun 12:10 Thu 6

Born to Be Wild 3D (G) Fri 1:15

Coral Reef Adventure (STC) Fri 7:30 Sun 1 Tue 10 Wed 1:15 Thu 7:30

Egypt 3D: Secrets of the Mummies (STC) Sat 3:30-8:45 Sun 12 Mon 11:10 Thu 1:15

Hubble 3D (G) Thu 12:10

The Human Body (STC) Fri 10 Sun 10 Mon 12:10 Wed 10

Space Station (STC) Wed 12:10

To the Arctic 3D (STC) Fri 6:30 Sat 12 Sun 2:15 Mon 1:15 Tue 11:10 Thu 11:10

Tornado Alley 3D (G) Fri 11:10-8:45 Sat 2:15-6:30 Sun 3:30 Wed 11:10 Thu 8

Landmark Globe Cinema
393 Portage Ave,
204-943-1583

Oz the Great and Powerful (PG) Sat-Sun 4

Oz the Great and Powerful 3D (PG) Fri 7-10 Sat-Sun 1-7-10 Mon-Thu 7-10

Quartet (PG) Fri 7:20 Sat-Sun 1:20-3:45-7:20 Mon-Thu 7:20

Silver Linings Playbook (14A) Fri 7:10-9:50 Sat-Sun 1:15-4:15-7:10-9:55 Mon-Thu 5:15-9:55

Stand Up Guys (14A) Fri-Thu 9:40

Landmark Towne Cinema 8
301 Notre Dame Avenue, 204-947-2848

21 and Over (18A) Fri 7:15-9:30 Sat-Sun 1-3:15-7:15-9:30 Mon-Thu 7:15-9:30

The Call (14A) Thu 10:15

Dark Skies (14A) Fri 7:15-9:30 Sat-Sun 1-3:30-7:15-9:30 Mon-Thu 7:15-9:30

Django Unchained (18A) Fri-Thu 6:45

Escape From Planet Earth (PG) Sat-Sun 3:30

Escape From Planet Earth 3D (PG) Sat-Sun 1:15

Identity Thief (14A) Fri 7:30 Sat-Sun 1-3:45-7:30 Mon-Thu 7:30

The Incredible Burt Wonderstone (PG) Thu 10

Jack the Giant Slayer (PG) Sat-Sun 3:45

Jack the Giant Slayer 3D (PG) Fri 6:50-9:30 Sat-Sun 1:15-6:50-9:30 Mon-Thu 6:50-9:30

The Last Exorcism Part II (14A) Fri 7:15-9:15 Sat-Sun 1-3:15-7:9:15 Mon-Wed 7:9:15

Thu 7

A Late Quartet (STC) Fri 7:20 Sat-Sun 1:15-3:45-7:9:20 Mon-Thu 7:9:20

Snitch (14A) Fri 6:50-9:20 Sat-Sun 1:15-3:45-6:50-9:20 Mon-Thu 6:50-9:20

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Axes, swords and some fine wine: the civilized side of barbarianism

The Vikings.

Katheryn Winnick and Jessalyn Gilsig talk about the softer side of Norse warriors

MATT PRIGGE
scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Katheryn Winnick, one of the stars of *The Vikings*, a new docu-dramatic show that premiered last Sunday on The History Channel. "That's completely wrong. They were civilized, intelligent, sophisticated."

Discoveries into the lives

of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's mind.

The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, *The Tudors* and *The Borgias* — into highly watchable and oft-sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbok (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shieldmaiden" (i.e.,



Watch *The Vikings* in action Sundays on The History Channel. HISTORY CHANNEL

female warrior), spends the earliest episodes, at least, at home as her husband sails

on an illegal mission.

But that means organizing the community as her

husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.)

"What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love." For Gilsig, best known as hissable Terri Schuester on *Glee*, it was a chance to not only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of

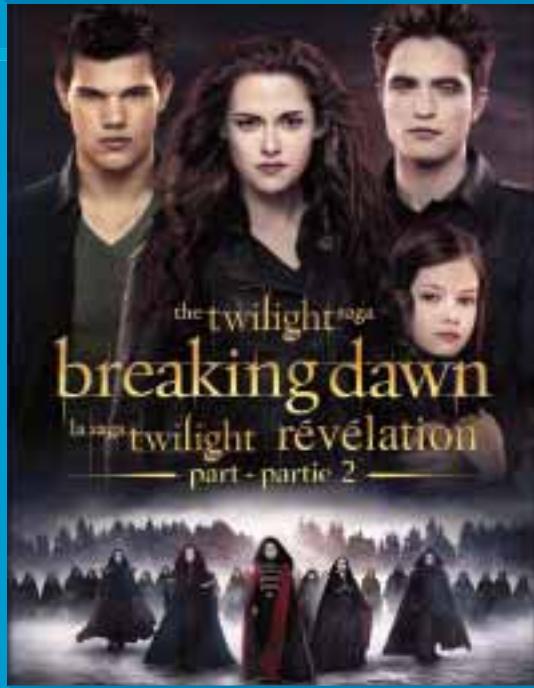
survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her *Glee* boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither (*Glee* nor *Vikings*) was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."

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Spinning a web



Imagine Dragons' album *Night Visions*, which debuted last September, has hit gold status. THE ASSOCIATED PRESS

Big break.

Hit-making producer stumbled across Imagine Dragons while searching for sounds for Spider-Man musical

When he first started working with Imagine Dragons, music producer Alex da Kid was looking for some inspiration for the Broadway musical, *Spider-Man: Turn Off the Dark*.

"I thought they would be great to help me come up with ideas for U2," the Grammy-nominated English producer said.

There was just one problem: The demos they recorded were too good.

So instead of using the alternative band to collaborate on the score by Bono and The Edge, Alex da Kid — the creator of Eminem and Rihanna's colossal hit *Love the Way You Lie* — immediately signed the Las Vegas-based foursome to his label imprint KIDinaKORNER Records, distributed through Interscope Records.

Imagine Dragons released its debut album, *Night Visions*, in September and so far has reached gold status, selling more than 600,000 units, according to Nielsen SoundScan. The band currently has two songs in the Top 25 with *It's Time* and *Radioactive* and they are on a sold-out U.S. tour that wraps June 3 in Phoenix.

Imagine Dragons had been building a buzz on the music scene as an independent act before Alex da Kid got hold of them. They released four EPs and toured America. Lead singer Dan Reynolds said the group was "dead set" on being an independent act.

"We had offers from those labels all throughout the years and we turned them down," he said.

"It was so important that we built that organic, in-

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Identity crisis

"We didn't feel like we were ready as a band. We didn't understand our sound enough, and we didn't want to try to tell people that story if we didn't understand ourselves."

Imagine Dragons frontman Dan Reynolds

dependent fan base." Three of the band mem-

bers met while "playing jazz together a lot" at the Berklee College of Music.

"I just didn't think I'd ever play with them again to be honest. I hoped that I would someday," said guitarist Wayne Sermon (bassist Ben McKee and drummer Dan Platzman round out the group). "I called (Reynolds) and he had eight credits left before he could graduate and get his degree, but apparently he didn't care much about that, so he just actually left and dropped everything and came to Vegas."

Meeting Alex da Kid, born Alexander Grant, changed his perception about staying independent. He says the producer filled a void in the band's sound.

"We didn't feel like we were ready as a band. We didn't understand our sound enough and our theme and who we are, and we didn't want to try to tell people that story (if) we didn't understand ourselves," Reynolds said. "(Alex) was the perfect match for what we had been trying to do for three years."

THE ASSOCIATED PRESS

Untogether. Blue Hawaii gets cool with brooding full-length album



Blue Hawaii. HANDOUT

Blue Hawaii's debut EP *Blooming Summer*, released three years ago, was frozen in a state of sun-kissed bliss, reflecting both a recent trip to Central American paradise undertaken by Montreal duo Alex Cowan and Raphaelle Standell-Preston, as well as the amorous afterglow that coloured their relationship afterward.

Their brooding debut full-length, *Untogether*, is an entirely different experience, belonging squarely to the

A darker love story

"It's still a love project, but it's definitely gotten more mental."

Alex Cowan on how Blue Hawaii's work has changed over the years

bleakness of a cold Montreal winter.

Where their 2010 introduction was a snapshot of a couple still with tropical sand between their toes, the ethereal *Untogether* is about separation; from each other (necessitated by Standell-Preston's touring duties with Braids) and from the fertile, close-knit Montreal scene that has both emboldened and challenged the duo.

"It's a big departure," Cowan agrees over the line from Montreal. "We were feeling very broken about our cultural scene and towards each other and towards a lot of things. It got dark and sad quite quickly."

It got noticed just as swiftly.

Where *Blooming Summer* was released quietly to positive, if scarce, critical notice, the electronic duo has cultivated a much higher profile in advance of the release of *Untogether* this week, with praise flowing in from such influential sources as *Pitchfork* and *Fader*. For Cowan and Standell-Preston (known as Agor and Raph, respectively), these critical plaudits arrive after more than a half-year of sitting on the completed album.

Assembling the record wasn't exactly easy, either. It was a draining six-month process during which Cowan and Standell-Preston hardly ever worked together directly. Though they were living in the same house, neither was home much. Routinely, one half of the duo would spend a night burrowing into a Blue Hawaii tune and then the other would examine and build on that work later, alone. The solitary nature of that process resulted in an album about distance and alienation, with uncommon musical and lyrical symmetry.

Of course, Blue Hawaii has already changed quite a bit in the years since their debut. Back then, they occasionally referred to the airy album as a "love project."

Cowan says the term still applies, in a way. "(This) is definitely not as rose-coloured, that's for sure," he said. "I'd say it's moved — it's still a love project, but it's definitely gotten more mental."

THE CANADIAN PRESS

The Valiant return of Dr. Mirage

Shadowman. The character who debuted in 1993 is back as Dr. Shan Fong

It's no hallucination: Dr. Mirage has returned to Valiant Entertainment, though the paranormal detective is decidedly different.

Appearing in *Shadowman* No. 5 — which came out Wednesday — the popular character who debuted in 1993 is presented anew as Dr. Shan Fong, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes.

"The low key intro is about readers getting to know her," said *Shadowman* designer and artist Patrick Zircher of Fong's first appearance. "Hopefully they like what they see and there'll be plenty of adventures to come."

Valiant said Tuesday that the contemporary Dr. Mirage is similar to the previous incarnation, a man named Hwen Mirage, whose exploits with wife Carmen Ruiz ran for 18 issues



Dr. Shan Fong plays Dr. Mirage, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes. VALIANT COMICS/THE ASSOCIATED PRESS

in *Second Life of Doctor Mirage* — but, added Zircher, her powers are more steeped in Asian mysticism.

"Dr. Mirage's return is part of Valiant's ongoing plan to ex-

pand its universe of characters and she's a natural fit for the supernatural and mystic stories taking place in *Shadowman*," he said of the new issue. It was written by Justin Jordan with

art by Zircher, Lee Garbett, Stefano Gaudiano and Roberto De la Torre, and sees *Shadowman* take on the Lord of Cemeteries.

While she doesn't have a big appearance in the book, yet,

Zircher said it's just the beginning.

Dinesh Shamdasani, Valiant's chief creative officer, said Mirage's reintroduction is part of a larger story that involves



The cover of *Shadowman* No. 5.
THE ASSOCIATED PRESS

the entire Valiant universe.

"Since the Summer of Valiant, we've been slowly building towards several key events. You can see the first of these events this April in *Harbinger Wars*, where *Bloodshot* and *Harbinger* collide," he said. "The return of Dr. Mirage is part of that plan — part of setting the stage. Dr. Mirage is a key piece in the future of the Valiant universe and the timing of the return, as well as the manner, is no accident." THE ASSOCIATED PRESS

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Demi Moore ALL PHOTOS GETTY IMAGES

Demi Moore files divorce papers 16 months after initial separation

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher's own filing. So what was the holdup?

A source claims Moore had been trying to reach a confidential settlement with

Kutcher about his income but has given up on the negotiations.

"Ashton made a lot of money after marrying Demi — a lot more than she made — but despite him becoming just as famous through her, he believes he doesn't owe her that much," the source says, adding that Kutcher "has been very difficult during the talks."

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



No marble bathtubs for Swift

THE WORD
Dorothy Robinson
scene@metrone.ca

Poor Taylor Swift has come under a lot of fire this week for recent statements in this month's issues of *Vanity Fair* and *InStyle* U.K.

She started a virtual firestorm when she said she didn't appreciate Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes by saying, "You know, Katie Couric is one of my favourite people. She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" (Note to Swift: Fey and Poehler are bulletproof; everyone will always take their side for all of eternity. You cannot disparage them to the press, even if you are somewhat right.)

She then comes across as

rather, well, entitled in the latest issue of *InStyle* U.K. about the hardships of being one of the most famous women on the planet. "I don't wanna end up being awful and intolerable. Alone. Laying in a marble bathtub by myself, like sad, with a glass of wine just complaining that my life ended up alone because I pushed everyone away because I thought I was too good to hang out with anybody," she says. "The typical Hollywood sad cliché of the poor lonely starlet with no one because she put up all these walls and didn't trust anyone. That's my fear. And that's why I live my life the way I live my life because I'd so much rather feel everything than end up like that."

Isn't Taylor Swift so famous because she's transparent and her 23-year-old life isn't presented through the sheen of a publicist's spin? What happens if, tired from all of the recent backlash, she decides to zip it up and become as boring as every other starlet out there? That would be a giant shame.



Gyllenhaal gets spun right round, baby, right round—by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells *Us Weekly*. The

pair met at New York's Spin-Cycle exercise studio, where Gyllenhaal has been known to work out whenever he's in the city. "He'll hop on the instructor bike," the source says. "He loves the attention from the girls."



Life after Bieber: Selena Gomez doesn't date much these days

Selena Gomez admits that she hasn't had that active of a love life since her split from Justin Bieber, and apparently she doesn't get "asked out a lot," she tells *Harper's Bazaar*.

"And when I actually look presentable, I'm at an

awards show. It's not like I've wanted to go out and look for someone. I'm not really good at that."

Gomez admits that life with Bieber was made more stressful because of all the paparazzi attention.

Twitter



@Oprah

If I had only one gift to offer you it would be STILLNESS. Will you accept it?



@JasonAlexander

Every now&then there is a Hollywood Tour Bus outside my house. But they keep saying, "this is where David Schwimmer lives".



@Mruff221

A lot of folks have been asking about the Next Hulk. The next time you see my Hulk it will be in the *Avengers2*. No plans for stand alone.

Liquid Assets

Drink outside the glass



LIQUID ASSETS
Peter Rockwell
@therewineguy
liquidassets@eastlink.ca

It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita (\$7.95 to \$11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish.

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Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYSUMMYSUMMCLUB.CA

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Slow-Cooker Lasagna.

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GAV
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I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to la-

sagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked

lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours.

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Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

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Sichuan Beef: Tingle for your tongue



This recipe serves four. MATTHEW MEAD / THE ASSOCIATED PRESS

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You can call it a peppercorn all you like, but the peppery ingredient that puts the buzz in Sichuan-style cooking actually isn't one.

Though it resembles and is used similar to black peppercorns, Sichuan pepper isn't a peppercorn at all. Rather, it is the dried rind of the berry-like fruit of the prickly ash tree. And you don't need to be a heat fiend to love it. Because while it does have a peppery bite, its real power is in the tingling feeling it leaves on your tongue, rather than a true heat.

In Chinese cooking, the Sichuan pepper often is used with meats and is a basic component of five-spice powder. In this weeknight-friendly beef recipe, combine the Sichuan pepper with spicy chili garlic paste for a dish that will jump-start your mouth. Serve it over rice or noodles.

1. Place the flank steak slices in a zip-close plastic bag. Add the chili garlic paste, ginger and Sichuan pepper. Seal the bag, then massage the seasonings into the meat. Refrigerate and allow to marinate at least 2 hours, and up to overnight.

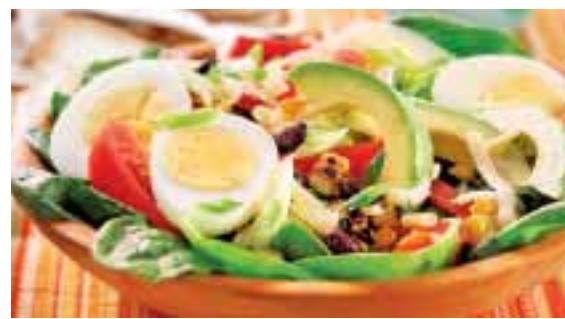
2. When ready to cook, in a large, deep skillet or a wok over high, heat the oil until it shimmers. Add the beef and sauté for 8 minutes, or until the beef is browned and starting to dry. Add the soy sauce, mirin, celery, carrots and scallions. Cook for another 4 minutes, or until the vegetables are crisp tender. Serve over noodles or rice.

THE ASSOCIATED PRESS

Ingredients

- 1 lb flank steak, thinly sliced across the grain
- 3 tbsp chili garlic paste
- 1 tbsp grated fresh ginger
- 1 tsp Sichuan pepper, crushed
- 1/4 cup vegetable oil
- 1 tbsp soy sauce
- 2 tbsp mirin or rice wine
- 3 stalks celery, thinly sliced on the diagonal
- 2 carrots, thinly sliced on the diagonal
- 3 scallions, cut into 1/2 inch pieces
- Rice or noodles, to serve

Lunch. Mexican Salad



Give this nutritious, colourful salad for one some crunch with baked tortilla wedges.

1. Heat oven to 200 C (400 F). Cut tortilla into wedges and place on foil-lined baking sheet.

Bake for 5 to 6 minutes or until browned.

2. In a salad bowl, combine all remaining ingredients. Drizzle with dressing.

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Ingredients

- 1 whole-wheat tortilla (15 cm/6 inches), toasted and cut into wedges
- 2 handfuls of baby spinach (500 ml/2 cups)
- 50 ml (1/4 cup) canned or frozen, (defrosted and drained) corn kernels
- 1/4 ripe avocado, sliced
- 1/2 red bell pepper, sliced in thin strips
- 1 small plum (Roma) tomato, cut into wedges
- 1 green onion thinly sliced
- 75 ml (1/3 cup) grated part-skim mozzarella cheese
- 2 hard-cooked eggs, sliced
- 50 ml (1/4 cup) black beans, drained
- 30 ml (2 tbsp) low-fat ranch dressing (or dressing of your choice)

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



The Imagine Dragons

The Imagine Dragons are playing at the Garick Centre Saturday. The Las Vegas indie rockers, who released their *Night Vision* album last September, have taken their show on the road for a Canada/US tour to promote their latest album and Winnipeg is their first stop on this side of the border. Tickets for the show will run you \$37 and are available at Ticketmaster.



Hit the road for the RV Show

If you're an outdoors enthusiast, take in the Manitoba RV Show at the Convention Centre this weekend. The Manitoba RV show has something for everyone — at every budget — who wants to go on a road trip adventure. Gretchen Breuner, a California mom of three who pulled her kids out of school for a three-month road trip adventure, will be on hand to inspire you with her experiences. Tickets are \$10 at Ticketmaster. More info at manitobarvshow.com.



There ain't no cure for love

Leonard Cohen performs at the MTS Centre on Monday. Winnipeg is the last Canadian stop on the iconic Canadian singer/songwriter's tour before he heads south of the border to Chicago and beyond. Cohen, who is also an award-winning poet and novelist, has received great online reviews for his show, which is a mixture of his hits in song and spoken word. Ticket prices range from \$36 to \$269 at Ticketmaster.



Work on your Night Moves with Bob Seger

Spend hump-day with Bob Seger and the Silver Bullet at the MTS Centre this Wednesday. If there was ever a time in your life to pull out your Night Moves, this would be it. Seger has been in the game for decades, banging out hits like *Like a Rock*, *We've Got Tonight*, and of course *Night Moves*. He has earned his legendary status, and fittingly he is touring across Canada and the U.S. under the 2013 Rock and Roll Never Forgets Tour. \$77.25 to \$123.25 at Ticketmaster.



A little Sex on a Thursday Night

Put a little dazzle in your Thursday with The Arthritis Society's *Sex and the City* Premiere Event at the Park theatre, 698 Osborne St. Join hosts Marlo Boux (Carrie), Susie Parker (Charlotte), Terri Apostle (Miranda) and Angie Lamarinde (Samantha) for a night of fashion, *Cosmopolitans* and appies. You'll even be able to relive the magic of taking in the SATC movie on the big screen again. Tickets are \$50, with proceeds going to arthritis research. Contact 942-4892 or at gbak@mb.arthritis.ca.



MIX OF SIX
Shelley Cook
winnipeg@metronews.ca



Sugar Daddy?

Daddy Long Legs opens at the Manitoba Theatre Centre on Thursday night. The musical, written by Paul Gordon and based on the novel by Jean Webster, is about a beautiful young woman who gets the opportunity to go to college. All expenses are paid by a mystery man whose only stipulation is that she never knows his identity. Creepy? Check it out. The show opens Thursday and runs until April 6. Tickets are \$27 to \$50 to \$78.50 with discounts for students and seniors. More details at mtc.mb.ca.

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SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive

and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles, lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor, repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about \$10 to \$20.

They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes, working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet

at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORK-OUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary? These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yoganates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

NHL

Realignment appears imminent

It looks like the NHL is getting a new look.

Agreement on a realignment plan was announced in a pair of short statements from the NHL Players' Association and the league on Thursday.

The NHLPA said it has agreed to realignment next season, to be re-evaluated following the 2014-15 season.

The league confirmed the move, saying the next step is to take the plan to the league's board of governors.

Neither side revealed the plan but it is widely believed to have two conferences, each with two divisions.

Detroit shifts to the East and Winnipeg moves to the West.

The Eastern Conference would look like this:

Atlantic Division: Carolina, Columbus, New Jersey, New York Islanders, New York Rangers, Philadelphia, Pittsburgh, Washington.

Central Division:

Boston, Buffalo, Detroit, Florida, Montreal, Ottawa, Tampa Bay, Toronto.

The Western Conference would shape up this way:

Midwest Division: Chicago, Colorado, Dallas, Minnesota, Nashville, St. Louis, Winnipeg.

Pacific Division: Anaheim, Calgary, Edmonton, Los Angeles, Phoenix, San Jose, Vancouver.

That means 16 teams in the East and 14 in the West.

The top three teams from each division would advance to the playoffs along with the next two teams in the conference with the most points.

THE CANADIAN PRESS



Winnipeg Jets forward Blake Wheeler takes a shot against Tampa Bay Lightning defenceman Victor Hedman on Thursday in Tampa, Fla. The Jets won 2-1.

BRIAN BLANCO/THE ASSOCIATED PRESS

Little comes up big with game-winner

NHL. Jets edge Bolts in tightly contested game

On Thursday

| | |
|------|-----------|
| 2 | 1 |
| Jets | Lightning |

Bryan Little scored a tiebreaking goal late in the third period, Al Montoya made 28 saves, and the Winnipeg Jets beat the Tampa Bay Lightning 2-1 on Thursday night.

Little slid the puck from in-close past goalie Anders Lindback with 4:08 to play. Winnipeg also got a goal from Eric Tangradi.

The Jets were beaten by the

Lightning 8-3 on Feb. 1. This outcome was much different.

Steven Stamkos got his 18th goal this season for the Lightning, who have lost six of seven.

Stamkos tied it at one when he skated into the low slot and put a shot past Montoya after taking a pass from Martin St. Louis 6:57 into the third period. St. Louis has five assists and seven points during a five-game points streak.

Tangradi stopped a personal 49-game goal drought dating back to Oct. 15, 2010, against the New York Islanders and put the Jets up 1-0. The centre beat Lindback from the low left circle midway through the first period.

Montoya made a couple

of strong saves, including on a left-circle shot by Stamkos, during a two-minute, 5-on-3 Tampa Bay power play midway through the second period. The Lightning's two-man advantage came after Paul Postma (interference) and Mark Stuart (high-sticking) were both given minor penalties at 7:57.

Winnipeg entered with the NHL's lowest-ranked short-handed unit.

The Jets also failed to score during a 50-second 5-on-3 late in the second period.

THE ASSOCIATED PRESS

4
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NHL. Pronger still hopes to return from concussion

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The former NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suffers from lingering effects of multiple concussions. He said Thursday he's simply trying to get healthy and live a normal life, but he wouldn't rule out attempting a return if physically possible. **THE ASSOCIATED PRESS**

MLB

Rivera set to close out career after 2013

The great Mariano Rivera is getting set to close his career.

The New York Yankees reliever plans to announce this weekend that he will retire after the 2013 season, a person familiar with the decision told The Associated Press on Thursday.

The person spoke to the AP on condition of anonymity.

Quoted



"It will be difficult, but the good things in life are never easy."

Chris Pronger on returning to the NHL after multiple concussions.



Mariano Rivera
THE ASSOCIATED PRESS FILE

ity because there was no official statement. A news conference was called for Saturday at the Yankees' spring training complex in Tampa, Fla.

THE ASSOCIATED PRESS

Ontario's Howard keeps up winning pace at Brier

Curling. Gushue keeps it close, but defending champ improves to 8-0 at national championship

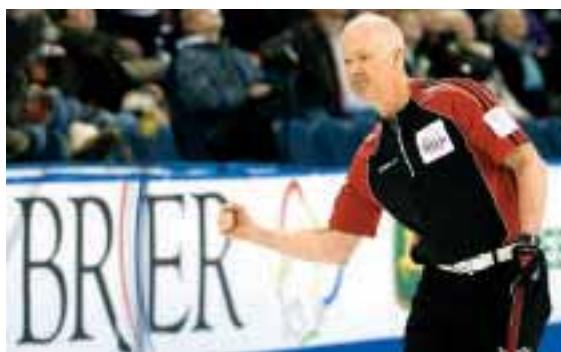
Ontario finally had to sweat for a win at the Canadian men's curling championship.

After mowing through the Tim Hortons Brier field with ruthless efficiency, Glenn Howard's team held off a tenacious Brad Gushue of Newfoundland and Labrador 6-5 on Thursday.

The defending champions remained alone atop the standings at 8-0.

While Howard's rink had yet to mathematically secure a playoff berth after Thursday's afternoon draw, eight wins has made the cut every year since playoffs were introduced into the Brier format in 1980.

"That's got to get us into something," Howard said.



Ontario skip Glenn Howard celebrates his team's win over Newfoundland and Labrador on Thursday afternoon in Edmonton. JONATHAN HAYWARD/THE CANADIAN PRESS

"We've just wanted to keep the pedal to the metal now and keep building on how we're playing."

Howard has skipped Ontario into the playoffs seven straight years and won the Canadian title in 2007 as well as last year in Saskatoon. His teams also lost in the Brier final four times during that span.

The top four teams at the conclusion of the round robin Friday make the Page playoffs with ties for fourth solved by tiebreaker games.

Seven wins has been enough for playoffs at the Brier some years, but not enough for those teams with four losses to feel very confident about their chances.

Ontario and Newfoundland

Hosts have life

After losing four of their first five, the host province was still in play at 4-4. Alberta's Kevin Martin thumped Eddie MacKenzie of Prince Edward Island 7-2 for the hometown team's third straight win.

- Alberta and Saskatchewan's Brock Virtue, also 4-4, were to meet at night. Should Martin keep winning, it sets up a high-stakes Friday night draw when the four-time Canadian champion faces Glenn Howard of Ontario.

were the frontrunning teams this week, but Gushue's St. John's rink dropped to 7-2 with the loss to Howard.

Manitoba's Jeff Stoughton moved up to 7-1 with a 6-5 win over New Brunswick's James Grattan.

THE CANADIAN PRESS

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Skicross. Crash victim's family threatens to sue skiing's governing bodies

Legal action following the fatal crash of Canadian skicross racer Nik Zoricic at a World Cup in Switzerland is likely to be made clearer in June.

Angered by a Swiss police file calling Zoricic's death an accident, Zoricic's family threatened at a news conference in Toronto on Wednesday to sue skiing's governing bodies if they don't act by a June 15 deadline.

Meanwhile, prosecutors in Switzerland aim to complete investigations — and bring possible criminal charges — within months.

"The investigation is now in its closing phase and it should be possible to conclude it by about the middle of this year," Bern canton prosecutor's office spokesman Christof Scheurer wrote in an email reply to The Associated Press.

"So long as no further questions arise that would make it necessary to bring in an expert and would delay the conclusion of the proceedings," wrote Scheurer, adding there

Deadline

The family has pledged to take legal action on June 16 if skiing's governing bodies have not yet agreed to undertake their own investigations.

was "no reason" yet to address criticism from Canada.

Zoricic sustained fatal head injuries when he landed into safety nets and hard-packed snow after flying wide off a final jump at Grindelwald last March 10.

Prosecutors have received a report from Bern police that declined to blame local race organizers or the International Ski Federation (FIS), which sanctions the skicross World Cup series.

"This is a tragic case of sporting accident with fatal outcome," stated the report, which was circulated by the Zoricic family lawyers on Wednesday. **THE ASSOCIATED PRESS**

PGA

Woods grabs share of the lead, McIlroy struggles

Tiger Woods was on his game, and so were most of the world's best golfers Thursday in the Cadillac Championship.

Except for the world's No. 1 player.

Woods made nine birdies on the Blue Monster at Doral for a 6-under 66 that put him in a five-way share of the lead with Masters champion Bubba Watson, former U.S. Open champion Graeme McDowell, Sergio Garcia and Freddie Jacobson.

This World Golf Championship lived up to its name with Phil Mickelson, Steve Stricker and Hunter Mahan among those one shot behind.

But it was another rough day for Rory McIlroy.

He hit only three fairways and made six bogeys that kept him at par or worse on a perfect day for scoring. Despite making a 15-foot eagle putt on the par-5 first hole, and lacing a 5-iron over the water for another eagle attempt on the par-5 eighth that narrowly missed, he could only manage a 73. **THE ASSOCIATED PRESS**

UFC. Welterweight title match all about respect

Before stripping down to fight in a cage, how about slugging it out over the phone?

That's what UFC welterweight champion Georges St-Pierre and challenger Nick Diaz did Thursday, clashing on a media conference call ahead of their main-event matchup at UFC 158 in Montreal on March 16.

It was an entertaining if sometimes confusing war of words as the stylish champion from Montreal jostled with the snarly California fighter with a giant-sized chip on his shoulder.

It started with Diaz lamenting the lack of respect he gets, in part due to the way the UFC is promoting this fight.

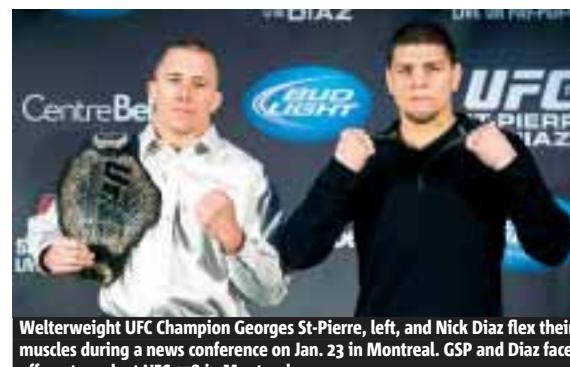
"I like to be known as someone who kept it real," he said. "I just don't like that I'm made out to be this evil person that needs to be shot down.... If anything I'm like the superhero coming in with the anti-bull."

He told the story of being at a stop light on home turf in Lodi, Calif., when "some soccer mom sticks her head out the window and she's like 'I hope GSP beats your ass.'

"I'm living in a small town full of people that hate me," he added.

The 31-year-old St-Pierre (23-2) is anything but a trash-talker.

But the UFC has built this fight up as the champion looking to teach some respect to the brash challenger. **THE CANADIAN PRESS**



Welterweight UFC Champion Georges St-Pierre, left, and Nick Diaz flex their muscles during a news conference on Jan. 23 in Montreal. GSP and Diaz face off next week at UFC 158 in Montreal. **THE CANADIAN PRESS FILE**

Fans make case for Stompin' Tom in HHOF

Hockey Song?

It's possible.

Stompin' Tom Connors was on the minds of visitors to the hockey shrine Thursday, one day after word that the Canadian music legend had died at 77. Many fans said they would support his posthumous induction in the hall's builder category, given that Connors created one of the country's most popular hockey anthems.

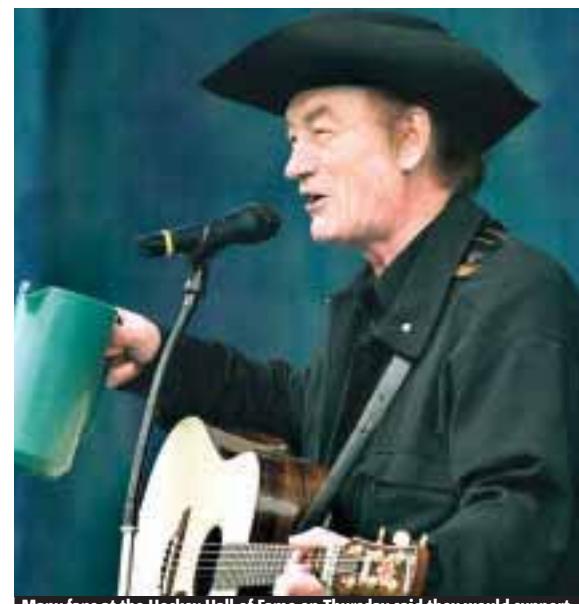
"Absolutely, he's a legend," said Barbara Bilko, a women's hockey coach who visited the hall on Thursday.

One of her players, Kaylee Chanakos of the University of British Columbia, echoed her sentiments.

"The song is just everything for the game," she said.

It would not be difficult to get Connors on the initial list for consideration. The hall accepts public submissions and the deadline is March 15.

THE CANADIAN PRESS



Many fans at the Hockey Hall of Fame on Thursday said they would support Stompin' Tom Connors' posthumous induction in the hall's builder category.

THE CANADIAN PRESS FILE

NBA

EASTERN CONFERENCE

| | W | L | Pct | GB |
|----------------|-----------|-----------|-------------|---------------|
| Miami | 45 | 14 | .763 | — |
| New York | 37 | 21 | .638 | 7 1/2 |
| Indiana | 38 | 23 | .623 | 8 |
| Brooklyn | 35 | 26 | .574 | 11 |
| Atlanta | 34 | 26 | .567 | 11 1/2 |
| Chicago | 34 | 27 | .557 | 12 |
| Boston | 33 | 27 | .550 | 12 1/2 |
| Milwaukee | 30 | 29 | .508 | 15 |
| Toronto | 24 | 38 | .387 | 22 1/2 |
| Philadelphia | 23 | 37 | .383 | 22 1/2 |
| Detroit | 23 | 40 | .365 | 24 |
| Cleveland | 21 | 40 | .344 | 25 |
| Washington | 19 | 40 | .322 | 26 |
| Orlando | 17 | 45 | .274 | 29 1/2 |
| Charlotte | 13 | 48 | .213 | 33 |

WESTERN CONFERENCE

| | W | L | Pct | GB |
|---------------|----|----|------|--------|
| San Antonio | 48 | 14 | .774 | — |
| Oklahoma City | 44 | 16 | .733 | 3 |
| L.A. Clippers | 44 | 19 | .698 | 4 1/2 |
| Memphis | 40 | 19 | .678 | 6 1/2 |
| Denver | 40 | 22 | .645 | 8 |
| Golden State | 35 | 27 | .565 | 13 |
| Houston | 33 | 29 | .532 | 15 |
| Utah | 32 | 29 | .525 | 15 1/2 |
| L.A. Lakers | 31 | 31 | .500 | 17 |
| Portland | 28 | 32 | .467 | 19 |
| Dallas | 27 | 33 | .450 | 20 |
| Minnesota | 21 | 37 | .362 | 25 |
| Phoenix | 21 | 40 | .344 | 26 1/2 |
| New Orleans | 21 | 41 | .339 | 27 |
| Sacramento | 21 | 42 | .333 | 27 1/2 |

SOUTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|------------|----|----|----|----|----|----|----|
| Carolina | 23 | 13 | 9 | 1 | 69 | 66 | 27 |
| Winnipeg | 23 | 11 | 11 | 1 | 58 | 69 | 23 |
| Washington | 22 | 10 | 11 | 1 | 66 | 63 | 21 |
| Tampa Bay | 24 | 10 | 13 | 1 | 82 | 75 | 21 |
| Atlanta | 24 | 7 | 12 | 5 | 60 | 90 | 19 |

THURSDAY'S RESULTS
New Jersey 3 Buffalo 2 (SO)

Montreal 4 Carolina 2

Columbus 2 Vancouver 1 (OT)

Pittsburgh 5 Philadelphia 4

NY Rangers 2 NY Islanders 1 (OT)

Boston 4 Toronto 2

Washington 7 Florida 1

Detroit 3 Edmonton 0

Winnipeg 2 Tampa Bay 1

St. Louis at Phoenix

Dallas at Los Angeles

WEDNESDAY'S RESULTS

Toronto 5 Ottawa 4

Chicago 3 Colorado 2

Calgary 4 San Jose 1

Anaheim 2 Phoenix 0

FRIDAY'S GAMES — All Times Eastern

Ottawa at NY Rangers, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Chicago at Colorado, 9 p.m.

Calgary at Anaheim, 10 p.m.

SATURDAY'S GAMES

Washington at NY Islanders, 1 p.m.

Philadelphia at Boston, 1 p.m.

Detroit at Columbus, 2 p.m.

St. Louis at San Jose, 4 p.m.

Pittsburgh at Toronto, 7 p.m.

Montreal at Tampa Bay, 7 p.m.

New Jersey at Carolina, 8 p.m.

Minnesota at Nashville, 8 p.m.

Houston at Golden State, 10:30 p.m.

SUNDAY'S GAMES

Philadelphia at Chivas USA, 5 p.m.

New York at San Jose, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|--------------|----|----|----|----|----|----|----|
| Pittsburgh | 24 | 16 | 8 | 0 | 86 | 71 | 32 |
| New Jersey | 24 | 11 | 8 | 5 | 59 | 67 | 27 |
| NY Rangers | 22 | 12 | 8 | 2 | 57 | 54 | 26 |
| NY Islanders | 24 | 10 | 11 | 3 | 71 | 80 | 23 |
| Philadelphia | 25 | 11 | 13 | 1 | 72 | 77 | 23 |

NORTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|----------|----|----|----|----|----|----|----|
| Montreal | 24 | 15 | 5 | 4 | 75 | 61 | 34 |
| Boston | 21 | 15 | 3 | 3 | 64 | 48 | 33 |
| Toronto | 25 | 15 | 10 | 0 | 75 | 65 | 30 |
| Ottawa | 24 | 12 | 8 | 4 | 56 | 49 | 28 |
| Buffalo | 25 | 9 | 13 | 3 | 65 | 80 | 21 |

SOUTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|------------|----|----|----|----|----|----|----|
| Carolina | 23 | 13 | 9 | 1 | 69 | 66 | 27 |
| Winnipeg | 23 | 11 | 11 | 1 | 58 | 69 | 23 |
| Washington | 22 | 10 | 11 | 1 | 66 | 63 | 21 |
| Tampa Bay | 24 | 10 | 13 | 1 | 82 | 75 | 21 |
| Atlanta | 24 | 7 | 12 | 5 | 60 | 90 | 19 |

Note: division leaders ranked in top three positions regardless of winning percentage.

THURSDAY'S RESULTS

Oklahoma City at New York

L.A. Clippers at Denver

FRIDAY'S GAMES — All Times Eastern

Oklahoma City at Charlotte, 7 p.m.

Indiana at Orlando, 7 p.m.

Memphis at Cleveland, 7:30 p.m.

Dallas at Detroit, 7:30 p.m.

Washington at Brooklyn, 7:30 p.m.

Utah at Chicago, 8 p.m.

Atlanta at Boston, 8 p.m.

Philadelphia at Miami, 8 p.m.

Portland at San Antonio, 8:30 p.m.

Phoenix at Sacramento, 10 p.m.

Toronto at L.A. Lakers, 10:30 p.m.

Houston at Golden State, 10:30 p.m.

WEDNESDAY'S RESULTS

Toronto 5 Ottawa 4

Chicago 3 Colorado 2

Calgary 4 San Jose 1

Anaheim 2 Phoenix 0

FRIDAY'S GAMES — All Times Eastern

Ottawa at NY Rangers, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Chicago at Colorado, 9 p.m.

Calgary at Anaheim, 10 p.m.

SATURDAY'S GAMES

Washington at NY Islanders, 1

Horoscopes

Aries

March 21 - April 20

It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

Taurus

April 21 - May 21

What would you do if you knew success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

Gemini

May 22 - June 21

A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

Cancer

June 22 - July 23

You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

Leo

July 24 - Aug. 23

Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

Virgo

Aug. 24 - Sept. 23

You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

Libra

Sept. 24 - Oct. 23

You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

Scorpio

Oct. 24 - Nov. 22

Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

Sagittarius

Nov. 23 - Dec. 21

There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

Capricorn

Dec. 22 - Jan. 20

You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

Aquarius

Jan. 21 - Feb. 19

You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

Pisces

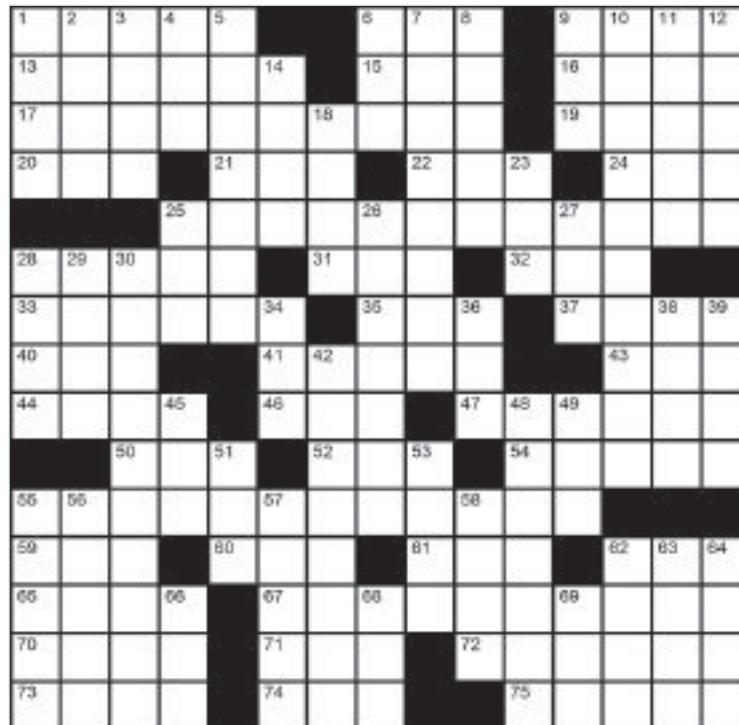
Feb. 20 - March 20

You have so much energy but what are you going to do with it? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

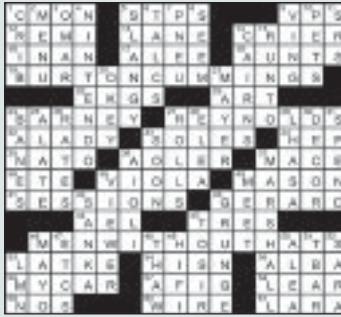
- Acknowledge
6. Suppositions
9. "Fly __ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's " __ Report"
19. Mona __ (Painting)
20. Mil's special __
21. Before
22. JT's "Suit & __"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The __"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawk
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie+projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for __ Barry
60. Org. in "Michael Col-



61. Shakespearean word
62. Mr. Vigoda
65. " __ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn __ Trophy
73. Idol alum
74. Halifax hrs.
75. Wests opposites

- et al.
1. Prefix to 'phobia' (Fear of heights)
2. Leaky faucet sound
3. Big __ (McDonald's burgers)
4. Pen's content
5. Fantastical play by Shakespeare, The __
6. Winter/Summer games org.
7. The Bounty mutineer, __ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 8 | 7 | 2 | 3 | 9 | 1 | 6 |
| 3 | 6 | 9 | 1 | 4 | 5 | 7 | 8 | 2 |
| 7 | 2 | 1 | 9 | 6 | 8 | 3 | 4 | 5 |
| 2 | 9 | 5 | 3 | 1 | 4 | 8 | 7 | 8 |
| 4 | 1 | 7 | 6 | 8 | 9 | 5 | 2 | 3 |
| 6 | 8 | 3 | 2 | 5 | 7 | 1 | 9 | 4 |
| 9 | 5 | 2 | 4 | 7 | 6 | 8 | 3 | 1 |
| 1 | 3 | 6 | 8 | 9 | 2 | 4 | 5 | 7 |
| 8 | 7 | 4 | 5 | 3 | 1 | 2 | 6 | 9 |

| | | | | |
|---|---|---|---|---|
| 1 | 3 | | 9 | 7 |
| 4 | | 6 | 7 | 8 |
| 7 | | | | 6 |
| | 1 | 4 | 6 | 3 |
| | 7 | | | 6 |
| | 2 | 5 | 9 | 1 |
| 9 | | | | 3 |
| 1 | 8 | 2 | 9 | |
| 2 | 7 | | 4 | 8 |

Weather

TODAY

MAX: -5°
MIN: -10°

SATURDAY

MAX: -3°
MIN: -13°

SUNDAY

MAX: -9°
MIN: -17°

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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